

# REAL FOOD CON

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JERF JUST EAT REAL FOOD™

## The Cookbook



# THE REAL FOOD CON COOKBOOK

CONTRIBUTORS - IN ALPHABETICAL ORDER

5

## **GEORGE BRYANT**

Caveman Crunch  
Apple Pie Caveman Bars  
Jalapeño Dijon Grilled Chicken

12

## **AMY DENSMORE**

Paleo Ahi Poke Stack  
Paleo Herb Roasted Turkey Legs  
Paleo Cajun Shrimp and “Grits”

22

## **LEANNE ELY**

Blackberry and Thyme Glazed Pork Chops and Grilled Onions  
Grilled Prosciutto Wrapped Rosemary Chicken  
Puerto Rican Lettuce Cups

29

## **BEN GREENFIELD**

The Ketogenic Kale Shake  
Liver Pate

33

## **BARIS HARVEY**

Bacon and Sweet Potato Crunch  
Broccoli & Cauliflower ‘Meat’ Bacon & Shrimp  
World’s Best Pancakes  
Mango and Meat Salad  
Plantain Awesomeness

42

## **ABEL JAMES**

No-Bake Chocolate Banana Pecan Squares  
Mahi Mahi Tacos with Mango Avocado Salsa  
Curried Lamb Blade Chops

47

### **KATIE THE WELLNESS MAMA**

Chard Wrapped Salmon  
Chicken Cacciatore  
Healthy Homemade Chocolate

54

### **CAMILLE MACRES**

Sausage Gravy & Mashed Faux-tatoes  
Cashew Cream Sauce  
Duck Fat Chicken, Two Ways  
No-Corn Bread Muffins  
Eat Your Greens (and Bacon)  
Pineapple Cherry Upside Down Cake  
with Coconut Whipped Cream  
Coconut Whipped Cream

65

### **CHRISTA ORECCHIO**

Turmeric Ginger Lemonade  
Chocolate Acai Sauce  
Roasted Salmon with Basil Aioli

70

### **CYNTHIA PASQUELLA**

Tasty Veggie Tacos  
Almond - What a Joy!  
Hungry Hottie Smoothie

75

### **PRICE-POTTENGER NUTRITION FOUNDATION**

Avocado Dressing  
Sprout Salad  
Ceviche  
Pastured Egg Drop Soup

80

### **JORDAN REASONER & STEVE WRIGHT**

SCD Legal Coconut Vanilla Ice Cream  
Citrus Chicken Salad  
Bacon Pemmican



87

### CHEF LANCE ROLL

Paleo Turkey Vegetable Herb Burgers or Sliders  
The Flavor Chef (TFC) John Dory  
The Lamb Kofta (Middle Eastern Lamb Sausage)

96

### DIANE SANFILIPPO

Cinnamon Grilled Pork Chops  
Broccoli & Bacon Salad with Creamy Balsamic Dressing

100

### PETE SERVOLD

Apple Pork Breakfast Sausage  
Garlic Braised Lamb with Roasted Squash  
and Quick Sautéed Kale  
Super Simple Roasted Squash  
Quick Sautéed Kale

105

### TERRY SHANAHAN

Coconut Almond Chicken Breasts  
Salmon Bowl  
Tomato Basil Grilled Shrimp

110

### MARY SHENOUDA

Pulled Pork Sliders  
Grilled Bison Kebobs  
Pomegranate Pork Belly

118

### JJ VIRGIN

The Original Virgin Diet Shake  
Vietnamese Chicken and Cabbage Salad  
Coconut Red Curry Chicken



## George Bryant

George Bryant is a self-taught chef, cookbook author, and creator of Civilized Caveman Cooking Creations, a Paleo recipe blog with a passionate following and over 100,000 Facebook fans.

He is the author of [Caveman Feast: 200+ Tantalizing Paleo Recipes](#) and he believes in having fun in the kitchen and letting your love and happiness come through in your food.

Visit George's website at [www.civilizedcavemancooking.com](http://www.civilizedcavemancooking.com).



# Caveman Crunch

Prep time 10 mins • Cook time 25 mins • Servings 10

## INGREDIENTS

- ½ cup raw sunflower seeds
  - ½ cup raw pumpkin seeds
  - 1 cup almond meal
  - 1 cup shredded unsweetened coconut
  - 2 cups almonds chopped or slivered
  - ½ cup coconut oil, melted
  - ½ cup 100% raw organic honey
  - 1 teaspoon vanilla
  - 2 tablespoon unsweetened cacao powder
  - cinnamon to taste
- 

## DIRECTIONS

- [1]** Preheat oven to 325°F.
- [2]** In a large mixing bowl, combine all the dry ingredients and mix well.
- [3]** In a separate bowl, combine all of your wet ingredients.
- [4]** Microwave on high for 20-30 seconds to help it mix better.



## DIRECTIONS (CONT.)

- [5] Once warm, pour your wet ingredients over your dry seed and nut mixture and mix well with a fork to ensure you coat everything.
- [6] Place your mixture on a foil lined baking sheet and spread thin and evenly.
- [7] Bake in the oven for 25 minutes.
- [8] Remove from the oven and stir around to ensure nothing burns. Put it back in the bowl and then re-spread it on the baking sheet.
- [9] Place back in the oven for 5 minutes.
- [10] Remove and let cool. It tastes better cold and also develops its crunchiness as it cools.
- [11] Serve in a bowl with some almond or coconut milk and enjoy.





# Apple Pie Caveman Bars

Prep time 5 mins • Cook time 5 mins • Servings 8

## INGREDIENTS

- 2 cups dates, pitted
- ½ cup raw macadamia nuts
- ½ cup dried apples
- ¼ cup raw almonds
- 2 tablespoons coconut oil, melted
- 2 tablespoons cinnamon

---

## DIRECTIONS

- [1]** Place your dates, macadamia nuts, apples, and almonds in a food processor or really strong blender.
- [2]** Pulse until your dates, macadamia nuts, and almonds are in small chunks and transfer to a mixing bowl.
- [3]** Add in all remaining ingredients. Using your hands, mix well to ensure an even coating of everything.
- [4]** Once mixed, using parchment paper, flatten out your mixture to the size of bars you want. Or, you can use individual Ziploc bags and form them inside the bag.



## DIRECTIONS (CONT.)

- [5] Place in refrigerator and let cool, then enjoy.
- [6] If these don't taste like apple pie to you, then play with the spices. You can add some nutmeg or cloves and mix the flavors around. The possibilities are endless.



# Jalapeño Dijon Grilled Chicken

Prep time 10 mins • Cook time 20 mins • Servings 6

## INGREDIENTS

- 3 pounds chicken thighs
- 4 jalapeños, diced, seeds optional
- 2 garlic cloves, pressed
- 2 tablespoons olive oil
- 4 tablespoons dijon mustard
- 2 tablespoons raw organic honey
- 2 teaspoons salt
- 1 tablespoon fresh rosemary, chopped
- 1 teaspoon black pepper
- 1 lemon

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## DIRECTIONS

- [1]** Combine all of your ingredients, EXCEPT YOUR LEMON, in a bowl or dish to marinate your chicken.
- [2]** Marinate for at least a few hours, but 24 hours in the refrigerator is ideal
- [3]** Once you're ready to cook, preheat your grill to a medium/medium-high heat or about 400-450° F.





## DIRECTIONS (CONT.)

- [4] Once your grill is ready, place your chicken thighs on the grill and cook between 7-10 minutes per side.
- [5] Use a meat thermometer to ensure your chicken is cooked and at least 175°F internally.
- [6] Once done, place all your chicken thighs in aluminum foil. Squeeze all your lemon juice over the chicken, and close the aluminum foil and let it steam with the lemon juice for about 10-15 minutes.



## Amy Densmore

Amy Densmore grew up in the kitchen, watching her grandmother cook amazing foods from all of the countries in which she lived. Now, Amy can spend all day in the kitchen trying out new recipes and finding ways to tweak them to best satisfy her palate.

Working a 50-plus hour a week corporate job and raising 2 daughters, Amy found herself feeling rundown and tired almost every day. She was nauseous a lot of the time after eating and was getting horrible headaches. Realizing that feeling unwell was not an option, she decided to go paleo and has never looked back.

Amy now shares her paleo recipes with her rabid followers via her Paleo Cupboard website and through Facebook, Instagram, and Pinterest.

Visit Amy's website at [www.paleocupboard.com](http://www.paleocupboard.com).



# Paleo Ahi Poke Stack

Prep time 20 mins • Cook time 5 mins + 2 hours  
inactive • Servings 4

## INGREDIENTS

### For Marinade:

- ½ cup coconut aminos
- 1 tablespoon raw honey, melted
- ¼ teaspoon sea salt
- ¼ teaspoon ground black pepper
- 1 teaspoon toasted sesame seed oil
- dash ground ginger
- dash red pepper flakes

### For Wonton:

- ½ cup arrowroot powder
- 1 egg, whisked
- 1 cup water
- ⅛ teaspoon sea salt
- 1-2 tablespoons coconut oil or bacon fat  
(for frying)





## INGREDIENTS (cont.)

### For Poke Stack:

- 1 ½ pounds ahi (yellowfin tuna) steaks, chopped into 1-inch chunks
- 1 large cucumber, peeled and chopped
- 1 medium red onion, peeled and chopped
- 2 medium Roma tomatoes, chopped
- 1 cup broccoli slaw
- 2 medium ripe avocados, peeled, seeded, and chopped
- ½ cup fresh cilantro, chopped
- dash sesame seeds



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## DIRECTIONS

### To Marinate the Ahi:

Place the marinade ingredients into a resealable container and stir well to combine. Add the chopped ahi tuna, cover with a lid, and allow to marinate in the refrigerator for at least 2 hours.

### To Make the “Wontons”:

- [1] Combine the arrowroot powder, eggs, water, and sea salt in a medium sized mixing bowl and stir well to combine. Set aside.

## DIRECTIONS (cont.)

- [2] Heat about 1 teaspoon (or more if needed, depending on size of pan) of the coconut oil or bacon fat in a small round frying pan over medium-high heat. Using a spoon, slowly pour the mixture into the pan until you get the desired size. You want the wonton to be slightly larger than the stacker/can size.
- [3] Fry the wonton for 2-3 minutes and then flip with a spatula and fry for 2-3 minutes on the other side, or until crispy. Remove the wonton and set aside, and continue cooking the additional wontons.

### To Assemble the Ahi Poke Stacks:

- [1] Wait to assemble your stacks until right before serving. Place a wonton on a plate. Take the stacking ring and place it on top of the wonton. Place a scoop of the marinated ahi into the stacker and gently press down with a spoon so that it forms a flat layer along the entire bottom. Pressing down gently will allow your food tower to stay together when you remove the ring.
- [2] Next place a large scoop of the cucumber, red onion, tomatoes, broccoli slaw and avocado into the food stacker, making sure to press down gently with the spoon between each layer.
- [3] To remove the stacking ring, lift the ring straight up. Repeat the process to form additional stacks with the remaining ingredients. Serve immediately.

# Paleo Herb Roasted Turkey Legs

Prep time 15 mins • Cook time 1.5 hours + 12-24 inactive hours • Servings 3-4

## EQUIPMENT NEEDED

- large resealable plastic bag
- measuring spoons
- measuring cups
- large saucepan
- stirring spoon
- paper towels
- small mixing bowl
- wire baking rack
- baking pan
- oven mitts
- meat thermometer

## INGREDIENTS

### For the Brine:

- 4 cups water
- ¼ cup sea salt
- 2 tablespoons raw honey
- 1 teaspoons dried rosemary
- 1 teaspoon dried thyme
- ½ teaspoon black pepper





## INGREDIENTS (cont.)

### For the Turkey Legs:

- 3 large turkey legs
  - 2 tablespoons olive oil
  - ½ teaspoon garlic powder
  - ½ teaspoon onion powder
  - ½ teaspoon dried rosemary
  - ½ teaspoon dried thyme
  - dash sea salt
  - dash ground black pepper
- 



## DIRECTIONS

- [1]** Combine all brine ingredients in a large saucepan over medium-high heat. Stir to combine and bring just to a boil. Remove from heat and allow to cool to room temperature.
- [2]** Place the turkey legs in a large resealable plastic bag and pour the brine over the turkey legs. Seal the bag and place in the refrigerator (I usually put the bag inside a baking pan just in case it ever leaks). Allow the meat to marinate for 12-24 hours.
- [3]** Preheat oven to 350°F. Rinse the turkey legs, pat dry and set aside.
- [4]** In a small mixing bowl, combine the olive oil and seasoning and stir to combine.

## DIRECTIONS (cont.)

- [5] Take each turkey leg and gently pull up the skin and rub some of the oil mixture onto the meat with your hand, and then coat the skin with some of the mixture as well. Place the turkey legs on a wire baking rack over a baking pan (to catch any drippings), and place in the oven.
- [6] Cook the turkey legs for about 45 minutes, turn over and cook another 45 minutes (or until the center reaches 180°F on a meat thermometer). If the skin is not as crispy/brown as you want it, you can set them under the broiler for a couple minutes on each side.
- [7] Serve and enjoy!!!

# Paleo Cajun Shrimp and "Grits"

Prep time 30 mins • Cook time 30 mins • Servings 4-6

## INGREDIENTS

### For Toppings:

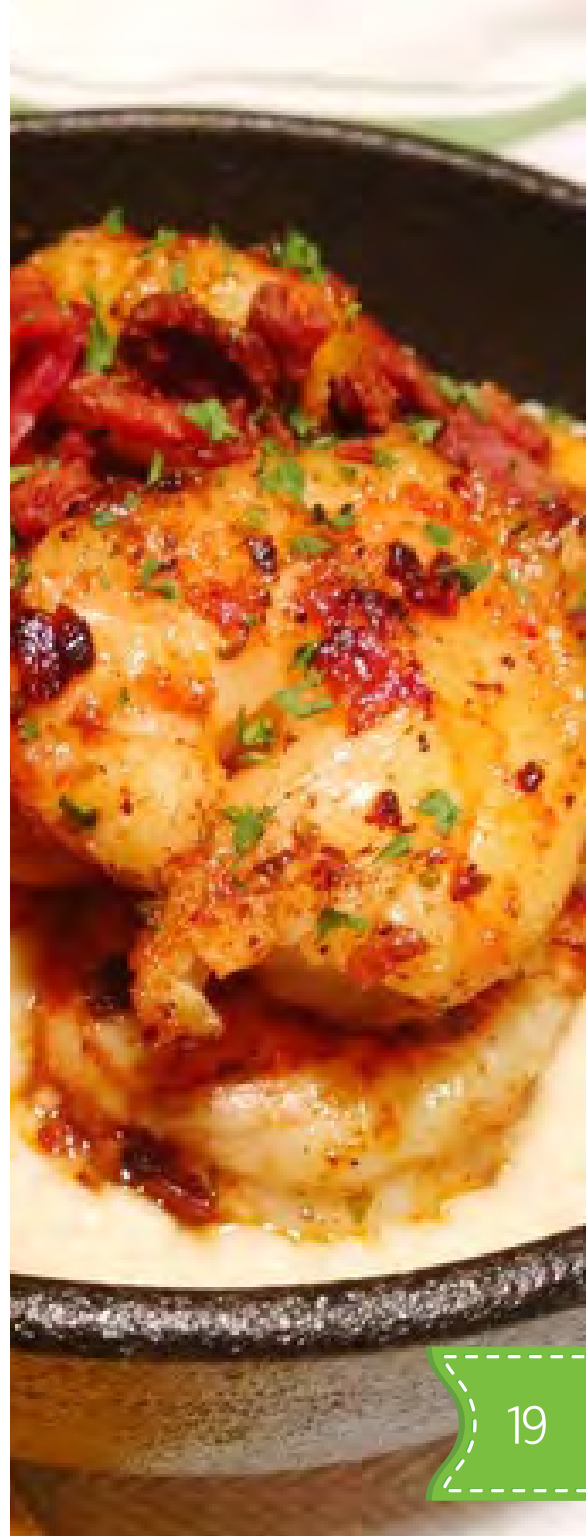
- 4 strips bacon, cooked and chopped (save the bacon fat!)
- chopped parsley (optional)
- hot sauce (optional....sort of)

### For "Grits":

- 1 tablespoon lard/  
bacon fat or tallow
- 2 ½ cups chicken broth
- ¼ teaspoon garlic powder
- ½ small onion,  
finely chopped
- sea salt to taste
- 3 cups riced cauliflower
- ground pepper to taste
- 1 ¼ cup almond flour

### For Shrimp:

- 2 tablespoons lard/bacon fat or tallow
- 1 pound large shrimp, peeled and deveined
- ½ small onion, finely chopped
- 2 cloves garlic, crushed
- 1 tablespoon lemon juice



## INGREDIENTS (cont.)

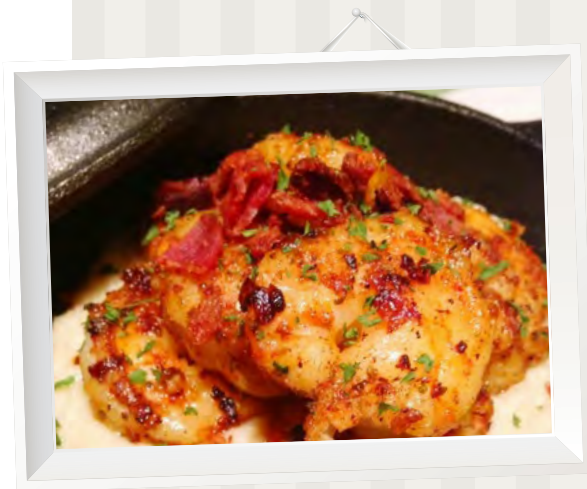
### For Shrimp Seasoning:

- ½ teaspoon sea salt
  - ½ teaspoon garlic powder
  - ¼ teaspoon onion powder
  - 1 teaspoon paprika
  - ¼ teaspoon cayenne (or more if you like it spicy!)
  - ½ teaspoon dried oregano
  - ½ teaspoon dried thyme
  - dash red pepper flakes, optional
- 

## DIRECTIONS

### To Make the “Grits”:

- [1] Prepare the onions and cauliflower. You can rice the cauliflower by grating it or by placing batches of it in a food processor and pulsing until rice sized chunks are formed.
- [2] In a medium saucepan over medium-high heat, add 1 tablespoon lard/bacon fat or tallow and sauté the onion for about 3 minutes. Add the riced cauliflower and stir to combine.
- [3] Next add the chicken broth and bring to a boil. Add the almond flour and seasonings and stir to combine.





## DIRECTIONS (cont.)

- [4] Cover and allow to simmer for 20 minutes, stirring occasionally. Check the consistency at about 15 minutes into the cooking process. If grits are too thin for your liking add more almond flour, if too thick add more broth.
- [5] After 20 minutes remove the grits from the heat and set aside. Taste and adjust seasonings as needed.

### To Make the Shrimp:

- [1] Rinse shrimp and pat dry. Mix seasoning ingredients in small bowl. Sprinkle the mixture over the shrimp to coat well and set aside.
- [2] Heat a large skillet over medium heat and warm 2 tablespoons lard/bacon fat or tallow Add shrimp, onion and garlic to pan and cook until they turn pink.
- [3] Add lemon juice and sauté for 3 minutes. Remove from heat.

### To Serve:

Add a large scoop of grits to a bowl and add a serving of shrimp. Top it off with some crumbled bacon and a few dashes of parsley. Serve with some hot sauce on the side for added spice.

## Leanne Ely

Leanne Ely is a New York Times bestselling author and the author of the Saving Dinner series. According to Woman's Day magazine, she is the expert on family cooking. She has been a guest chef on the cooking show Carolina Cooks and has taught cooking classes all over the country for Bloomingdales.

Leanne is also a seasoned radio personality. Her radio show "Heart of a Woman" aired during drive time in two major California markets, Los Angeles and San Diego. Her current show, Saving Dinner with the Dinner Diva, airs each Wednesday afternoon on BlogTalk Radio, and is one of the top ten shows on that channel.

Leanne's weekly-syndicated newspaper column, "The Dinner Diva," goes out to over two hundred fifty newspapers nationwide and in Canada.

Visit Leanne's website at [www.savingdinner.com](http://www.savingdinner.com).



# Blackberry and Thyme Glazed Pork Chops and Grilled Onions

Serves 4.

## INGREDIENTS

- 2 tablespoons coconut oil
- 4 (6-ounce) top loin pork chops
- 2 medium Granny Smith apples, halved and cored
- 2 medium onions, quartered
- 2 tablespoons ghee, melted, or use additional coconut oil
- 2 teaspoons sea salt, divided
- 1 teaspoon freshly ground black pepper, divided
- 1 teaspoon ground cinnamon
- ¼ cup chopped thyme
- 2 cups blackberries
- ½ cup balsamic vinegar
- 2 tablespoons water

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## DIRECTIONS

- [1] Preheat grill to medium-high.
- [2] Brush grill grate with coconut oil.



## DIRECTIONS (cont.)

[3] On a clean work surface, lay out pork chops on one side and apples and onions on the other side; brush apples and onions first with ghee (or coconut oil) then brush the pork chops. Sprinkle all with half of the salt and half of the pepper.

[4] Place pork chops on one section of the grill and apples and onions, flesh sides down, on another section. Grill apples and onions for 2 to 4 minutes per side. Grill pork chops for 3 to 6 minutes per side (depending on thickness) or until cooked through; remove from grill and allow them to rest.

[5] In a medium saucepan over medium-high heat, stir together remaining ingredients (cinnamon through water) along with the remaining salt and remaining pepper. Bring to a boil then reduce heat and simmer for 5 to 10 minutes or until sauce thickens and slightly reduces. Serve blueberry sauce over pork chops, apples, and onions.

*Serving Suggestion: Add a big salad of baby spinach, diced Vidalia onion, sliced cucumber and walnuts, tossed with Leanne's [Basic Vinaigrette](#).*



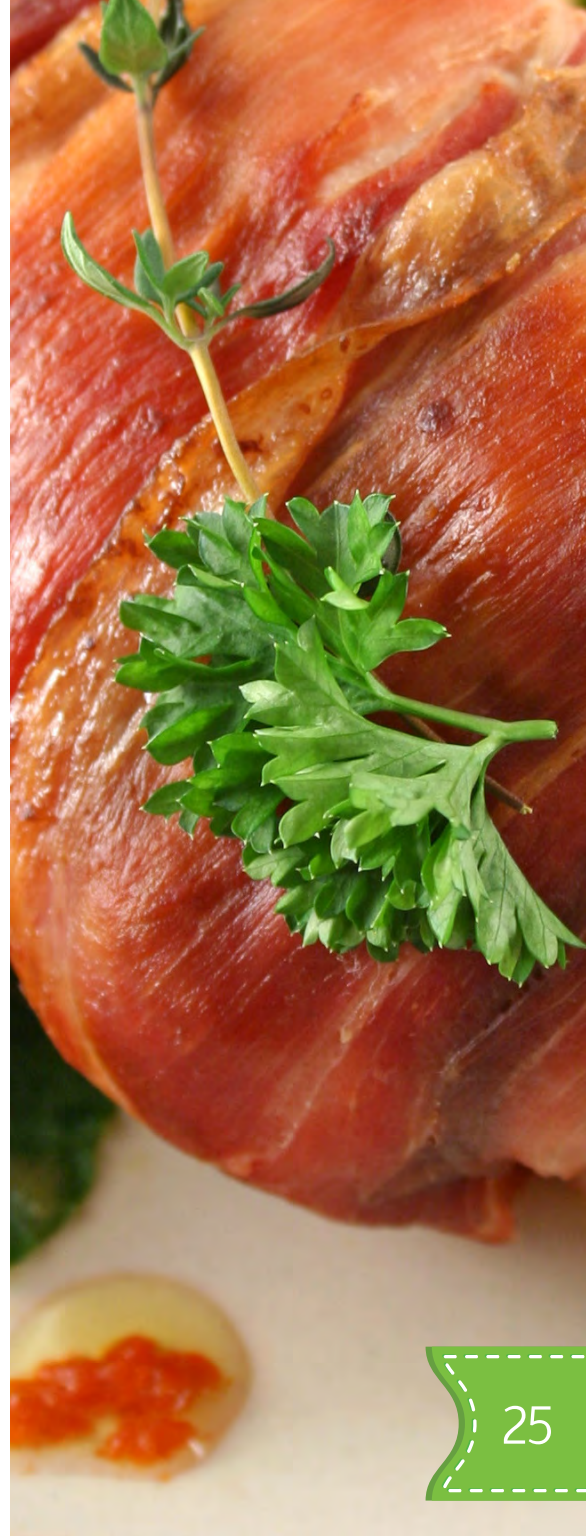


# Grilled Prosciutto Wrapped Rosemary Chicken

Serves 4.

## INGREDIENTS

- 2 tablespoons ghee, or use coconut oil
- 4 (6-ounce) boneless skinless chicken breast halves
- 8 sprigs rosemary
- 2 teaspoons sea salt
- 1 teaspoon freshly ground black pepper
- 2 medium lemons, thinly sliced 8 thin sliced prosciutto
- 2 cloves garlic, minced
- ¼ cup balsamic vinegar
- ½ cup coconut oil, melted
- 4 cups baby spinach
- 1 small red onion, thinly sliced



## DIRECTIONS

- [1] Preheat grill to medium-high and brush grill grate with ghee (or coconut oil).
- [2] On a clean work surface, lay out chicken; place 2 sprigs of rosemary on top of each piece, season with salt and pepper then lay 1 to 2 lemon slices on top.
- [3] Wrap 2 pieces of prosciutto around each piece of chicken, rosemary sprig and lemon slice, to form little bundles; set aside.
- [4] In a medium bowl, whisk together garlic, vinegar and melted coconut oil; brush half of this mixture over the chicken bundles, reserving the other half for later use.
- [5] Grill chicken bundles for 4 to 6 minutes per side or until juices run clear; remove from grill and set aside to rest.
- [6] Arrange baby spinach evenly on dinner plates, sprinkle with a little of the sliced red onion, then place a chicken bundle on top; drizzle with reserved vinegar mixture and serve.

*Serving Suggestion: Add steamed green beans tossed with a little coconut oil and slivered almonds.*

*Do-Ahead Tip: Prepare sweet potatoes.*



# Puerto Rican Lettuce Cups

Serves 4.

## INGREDIENTS

- 2 tablespoons coconut oil
- 1 pound ground beef
- 1 medium onion, chopped
- 2 cups chopped kale, ribs removed
- 1 medium red bell pepper, de-seeded, de-ribbed and chopped
- 1 small yellow bell pepper, de-seeded, de-ribbed and chopped
- 2 medium sweet potatoes, cooked, and cubed
- 1 tablespoon ground coriander
- 1 tablespoon dried oregano
- ½ tablespoon ground cumin
- ½ tablespoon turmeric
- 2 teaspoons sea salt
- 1 teaspoon freshly ground black pepper
- ½ cup pitted green olives
- 8 small butter lettuce leaves
- 1 medium avocado, pitted, peeled and sliced



## DIRECTIONS

- [1] Melt the coconut in a large skillet over medium-high heat.
- [2] Add ground beef and cook, breaking up the meat with a wooden spoon, until no longer pink; remove from skillet and set aside.
- [3] In the same skillet with the beef fat, add the onion, kale and bell peppers; cook until softened, 4 to 6 minutes.
- [4] Add the sweet potato along with the browned ground beef; sprinkle with seasonings (coriander through black pepper).
- [5] Add olives; cook and stir for 1 to 2 minutes then remove skillet from heat and set aside.
- [6] To serve, scoop ground beef mixture into the lettuce leaves and top with sliced avocado.

*Serving Suggestion: Serve with Cauli-Rice (process cauliflower in a blender or food processor until it resembles grains of rice; steam "rice" till tender; drain. Salt and pepper to taste and fluff with a fork).*





# Ben Greenfield

Ben Greenfield's balanced approach to fitness, nutrition, and health comes from his extensive experience in the fitness and wellness industry as one of the country's leading personal trainers and wellness consultants.

A frequent contributor to health and wellness publications and a highly sought-after speaker, Ben's understanding of functional exercise, nutrition, and the delicate balance between performance and health has helped thousands of people around the world achieve their goals and improve their quality of life.

Ben is the host of the Ben Greenfield Fitness podcast. He coaches and trains individuals for weight loss, lean muscle gain, holistic wellness, and sports performance, both from his physical locations in Washington and Idaho, as well as all over the world via online training and consulting.

Visit Ben's website at [www.bengreenfieldfitness.com](http://www.bengreenfieldfitness.com).



# The Ketogenic Kale Shake

The [Ketogenic Kale Shake](#) is fantastic for keeping your body in fat-burning mode, especially if you're into intermittent fasting.

## INGREDIENTS

- 1-2 bunches steamed kale
- 2-4 tablespoons grass-fed butter
- 1-2 tablespoons MCT oil
- 1 teaspoon Himalayan sea salt
- 2 scoops high quality protein powder
- 1-2 tablespoons apple cider vinegar
- full fat coconut milk

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## DIRECTIONS

Toss the ingredients into the blender and blend to desired texture. If desired, add a handful of your choice of herbs (i.e. cilantro, parsley, oregano, etc. – which are great for cleansing gut/liver too). Ideally, you should steam kale about 5 minutes to reduce oxalic acid, then blend with all ingredients.



# Liver Pate

Makes 2-3 meals.

You can spread pate on anything and this is one quick dish that just might actually impress your friends if they A) like liver; or B) don't know what pate is but know it sounds fancy.

The recipe uses a half-pound of liver, so will be enough for 2-3 meals – and leftovers can be refrigerated for 2-3 days. I get my liver locally or order it from US Wellness Meats.

Slice the liver into 1 cm ( $\frac{1}{2}$  inch) thick pieces and soak for 1-2 hours in milk (preferably organic, grass-fed milk). My grandpa actually soaks his for a full day! If you don't have milk or don't like milk, lemon juice is fine.

Brown the liver slices in butter or ghee, cooking 3-4 minutes per side on low heat. At the same time, boil 1 egg. After liver is browned or while liver is browning, cook 1 diced onion for 5-10 minutes on same sauté pan.

Other ingredients are an onion and boiled egg; 4 tablespoons butter plus a similar amount of coconut oil; and cilantro (or you can use KimChi in place of the cilantro, for a spicier flavor).

Put everything – the cooked liver, cooked onion, cooking fluids from the pot, and boiled egg, along with 2 tablespoons coconut oil, and a handful of fresh chopped cilantro – into a blender and purée.



Serve your pate with rice crackers, flax seed crackers, or wrapped in bok choy, swiss chard, nori, or butter lettuce.

Alternatively, serve with 1 baked sweet potato or yam, over a bed of mixed greens.

*\*\*\*Photo attribution Mary Puzzlement on Flickr.\*\*\**

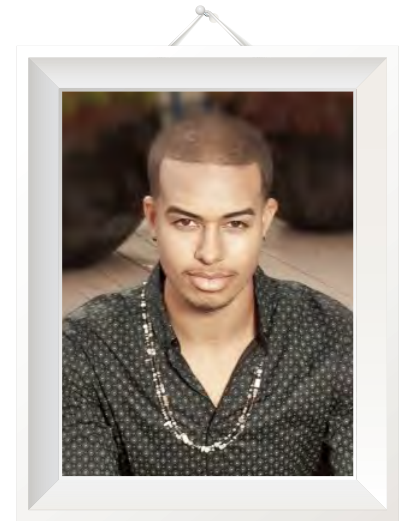




# Baris A. Harvey FDN, CMTA, CHEK HLC, CPT

Baris is the owner of Really Healthy Now as well as Holistic Athletes. As an athlete himself, he certainly “walks the walk”. He takes a very unique approach that allows his athletes to achieve high levels of performance in a rapid amount of time without sacrificing their health. He is also the author of the upcoming book Simply Healthy: The Accelerated How-To Health Book.

For more, visit the blog at  
[www.reallyhealthynow.com](http://www.reallyhealthynow.com).



# Bacon and Sweet Potato Crunch

Kitchen tool: Mandolin slicer

## INGREDIENTS

- 4 strips thick bacon
  - 1 large sweet potato
  - palm oil
  - pink Himalayan sea salt
- 

## DIRECTIONS

- [1] Preheat oven to 350° F.
- [2] Place bacon on baking rack, and place glass pan under to catch bacon fat. Save this!
- [3] Peel sweet potatoes, then slice them using the mandolin slicer.
- [4] Place bacon in oven for 20-25 minutes, until crispy.
- [5] Heat 2-3 tablespoons palm oil in large pan over medium-high heat.
- [6] Using tongs, place slices of sweet potatoes in pan to fry.
- [7] When finished, salt with pink Himalayan sea salt.
- [8] Enjoy your crispy snacks!





# Easy Guacamole

## INGREDIENTS

- 2 avocados
  - 2 limes
  - 1 bunch cilantro
  - 4 green onions
  - 1 teaspoon garlic powder
  - 1 teaspoon sea salt
  - dash of pepper
  - 1 tablespoon EVOO (optional)
- 

## DIRECTIONS

- [1]** Chop green onions and cilantro.
- [2]** Peel avocados and place in bowl (or high-power blender).
- [3]** Mash or blend all ingredients together.
- [4]** Enjoy!



# Broccoli & Cauliflower 'Meat'

## Bacon & Shrimp

### INGREDIENTS

- 4-8 strips of thick bacon
- ½ pound of shrimp
- 1 stalk of broccoli
- 1 bunch of cauliflower
- dash of sea salt
- dash of pepper
- dash of paprika
- grass fed butter or ghee

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### DIRECTIONS

- [1] Preheat oven to 350° F.
- [2] Place bacon on baking rack, and place glass pan under to catch bacon fat.
- [3] Place bacon in oven for 20-25 minutes until crispy.
- [4] Cut broccoli and cauliflower into florets.
- [5] Steam florets and place butter/ghee on florets.
- [6] Use saved bacon fat to cook shrimp in pan.
- [7] Add spices.



## DIRECTIONS (cont.)

- [8] Use scissors to cut bacon into little pieces.
- [9] Add bacon pieces, cauliflower, and broccoli in pan with shrimp.
- [10] Mix for 30-60 seconds, then allow to cool.
- [11] Enjoy!





# World's Best Pancakes

Kitchen tools: Food processor, Blendtec/Vitamix, or mixer fork, bowl, crepe pan (optional) and a LOT of patience!

## INGREDIENTS

- 2 tablespoons coconut oil
- 3 large eggs
- 1 tablespoon vanilla extract
- 1 cup almond flour
- ¼ cup coconut flour
- ½ teaspoon sea salt
- ½ cup of almond butter
- 3 bananas
- few drops of liquid stevia
- 2 tablespoons raw honey (optional)

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## DIRECTIONS

- [1]** Warm pan to medium heat and apply coconut oil.
- [2]** Blend all ingredients in bowl or blender.
- [3]** Pour batter into pan.
- [4]** Wait until bubbles to raise on the batter, then flip.



## DIRECTIONS (cont.)

- [5] When finished cooking, add butter, honey, and whatever other toppings you desire.
- [6] Eat up and enjoy!



# Mango and Meat Salad

## INGREDIENTS

- 1 head of Romaine lettuce
- ½ to 1 pound of shrimp
- ½ pound of skirt steak
- 1 mango
- [Paleo Caesar Dressing](#) (courtesy of Primal Palate)

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## DIRECTIONS

- [1] Peel and chop mango.
- [2] Chop steak, and cook in medium high heat.
- [3] After 5 minutes of cooking steak, throw shrimp into pan.
- [4] Chop Romaine lettuce.
- [5] Place all ingredients in a big bowl, toss, and add Paleo Caesar Dressing.
- [6] Serve and enjoy!



# Plantain Awesomeness

## INGREDIENTS

- 2 plantains
  - coconut or bacon fat to fry in
  - salt
- 

## DIRECTIONS

- [1] Preheat oil in a large, deep skillet over medium-high heat.
- [2] Peel the plantains and cut them into small chip size.
- [3] Fry the pieces until browned and tender.
- [4] Salt them and enjoy!





## Abel James

A modern-day Renaissance man, Abel James is a number one bestselling author, award-winning talk show host, top ten app developer, and serial entrepreneur. After developing the Wild Diet to lose twenty pounds in forty days and reverse a litany of health issues, his Fat Burning Man Show hit number one in health podcasts across the world with over a million listens in its first year.

Abel's work has been featured in Wired Magazine, Paleo Living, and hundreds of media outlets in health, business, technology, and psychology. He loves strong coffee and cheesecake, preferably together.

Abel is the creator of [Fat-Burning Chef](#), which is a master collection of easy fat-torching recipes from the top chefs in Paleo.

Visit Abel's website at [www.fatburningman.com](http://www.fatburningman.com).





# No-Bake Chocolate Banana Pecan Squares

## INGREDIENTS

- 1 ½ cups pecan pieces
- 2 ripe bananas
- 15 medjool dates
- 3 tablespoons creamy almond butter
- 3 tablespoons raw honey
- 2 tablespoons extra virgin coconut oil
- ¼ cup unsweetened cocoa powder

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## DIRECTIONS

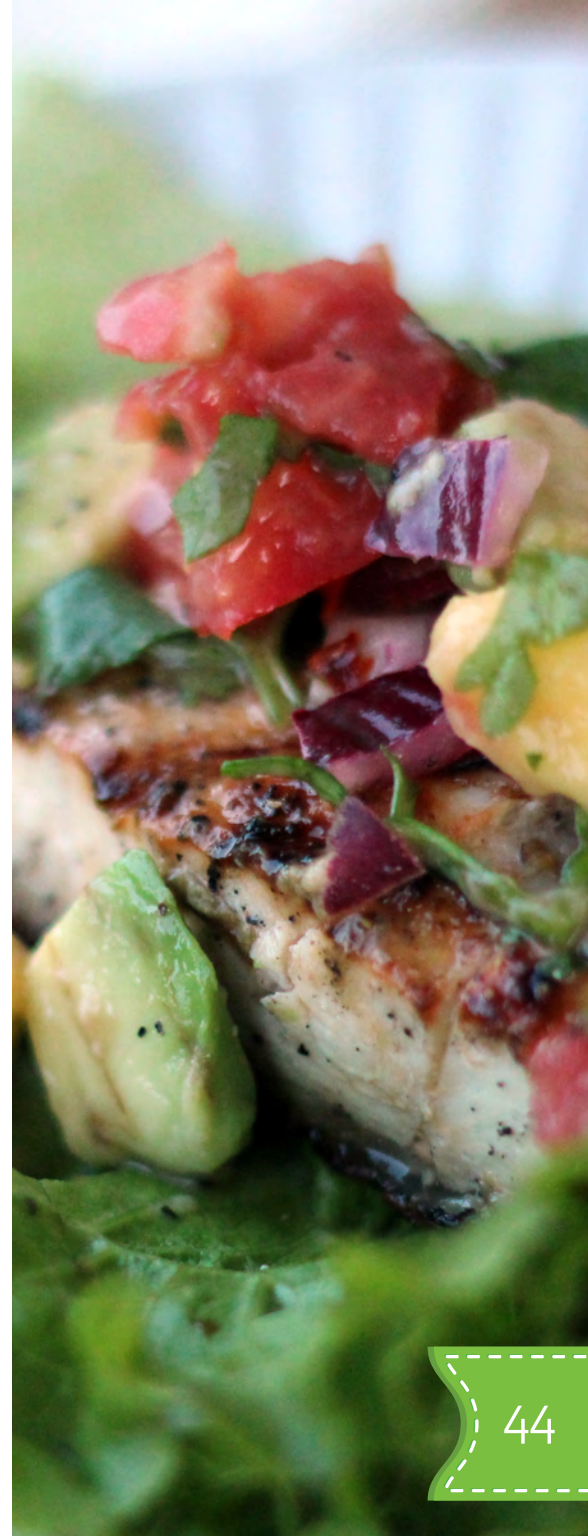
- [1]** Combine pecan pieces, 1 banana, and medjool dates in your food processor and blend until mostly smooth. Place wax paper in the bottom of an 11"x7" glass pan. Spread this bottom mixture evenly in the pan. Set aside.
- [2]** Combine 1 banana, almond butter, honey, coconut oil, and cocoa powder in the food processor and blend until smooth. Spread this chocolatey mixture evenly over bottom ingredients in the pan. Place in the freezer for 2 hours. Cut into squares, and serve.



# Mahi Mahi Tacos with Mango Avocado Salsa

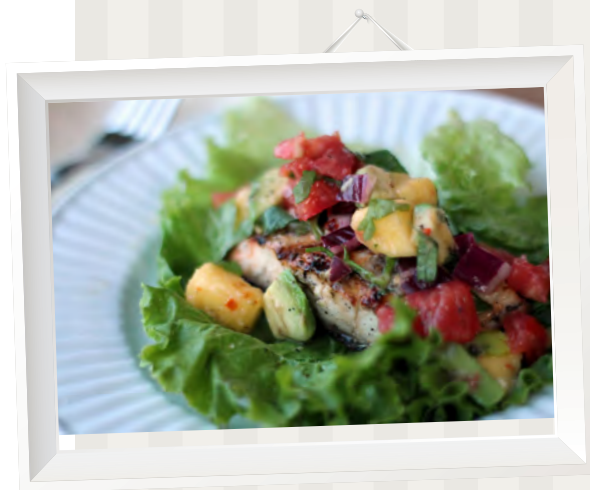
## INGREDIENTS

- 2 mahi mahi filets
- ¼ cup freshly squeezed lemon juice
- 1 mango, diced
- 1 avocado, diced
- 1 tomato, diced
- ¼ cup red onion, diced
- 3 tablespoons cilantro, chopped
- juice of 1 lime
- ¼ teaspoon cayenne pepper
- salt and pepper
- 1 leaf of lettuce



## DIRECTIONS

- [1] Put mahi mahi in a resealable plastic bag with  $\frac{1}{4}$  cup lemon juice and a dash of salt and pepper. Allow to marinate in the refrigerator for 20 minutes.
- [2] In a bowl, combine mango, avocado, tomato, red onion, cilantro, lime juice, and cayenne pepper, and stir until well combined. Season with salt and pepper. Set aside.
- [3] Bring grill to medium-high heat. Remove mahi mahi from the plastic bag. Brush grill with coconut oil to keep fish from sticking. Grill for 3 to 4 minutes per side, until slightly opaque in the center. Allow to cool.
- [4] Place mahi mahi in lettuce and top with Mango Avocado Salsa. Eat ravenously.



# Curried Lamb Blade Chops

Prep time 5 mins • Cook time 18 mins • Serves 2

## INGREDIENTS

- 2 lamb blade chops
- 1 teaspoon turmeric
- 1 ½ tablespoons curry powder
- 1 ½ teaspoons garlic powder ½ teaspoon cayenne
- 1 teaspoon paprika
- 1 teaspoon onion flakes
- 1 teaspoon black pepper
- 1 teaspoon salt
- 2 tablespoons butter
- ½ cup wine

---

## DIRECTIONS

- [1]** Mix all spices together in a bowl. Dip lamb blade chops in the spice mixture to coat both sides.
- [2]** Melt butter in a skillet over medium-high heat. Place lamb in the skillet and sear both sides, about 2-3 minutes per side.
- [3]** Add wine to the skillet and bring to a boil. Reduce heat, cover, and simmer for 8-14 minutes or until meat reaches desired doneness (145° F for medium-rare; 160 °F for medium, and 170° F for medium-well).





## Katie the Wellness Mama

Katie the Wellness Mama has a background in nutrition and journalism. As a stay-at-home mom of five, she now writes on her Wellness Mama website, where she provides recipes, natural living ideas, fitness tips, and health information to help moms and families live healthier lives.

Visit Katie's website at [www.wellnessmama.com](http://www.wellnessmama.com).





# Chard Wrapped Salmon

Serves 4.

## INGREDIENTS

- four (4-6 ounce) pieces of salmon (wild caught and sustainable)
- ¼ cup butter
- 8 chard leaves (rainbow chard is fun for the kids!)
- 2 organic oranges
- spices: garlic powder, salt, pepper and others to taste

---

## DIRECTIONS

- [1]** Preheat the oven to 425° F.
- [2]** Grease the bottom of a baking dish large enough to hold all the fish you are cooking. Rinse salmon and pat dry. Sprinkle outside with garlic powder, salt and pepper (about ¼ teaspoon per each piece of fish)
- [3]** Zest orange carefully over the salmon filets.
- [4]** With a knife, cut the remaining pulp and peel from the outside of the orange to expose the flesh. Thinly slice the oranges across the sections. (Remove seeds if there are any).
- [5]** On a cutting board, put a large chard leaf. If you can, slice the rib partially out and cut off the stem to make the leaf more bendable.



## DIRECTIONS (cont.)

- [6] Place a piece of fish in the middle of the chard leaf, then thinly slice one tablespoon of butter (or coconut oil) and put on top of the fish. Put several of the orange slices on top of this.
- [7] Wrap each chard leaf around the fish like you would wrap a gift and place seam-side down on the baking dish. Use another chard leaf if needed to make sure fish is completely wrapped.
- [8] Repeat with other chard and fish, sprinkle the tops with sea salt, and then place in the oven.
- [9] Bake 15-17 minutes or until fish is cooked through. Enjoy!



# Chicken Cacciatore

Serves 4.

## INGREDIENTS

- 2 onions
- 16 ounce jar of BPA-free diced tomatoes
- 4 boneless chicken breasts
- ¼ cup coconut oil
- 1 package of button mushrooms
- 1 large head of cabbage
- 1 jar of tomato paste - 6 oz
- 1 teaspoon (or more to taste) of: basil, thyme, garlic, rosemary, oregano, salt and pepper.

---

## DIRECTIONS

- [1] Slice onions and put in the bottom of the crock pot.
- [2] Chop chicken into cubes and put on top of onions.
- [3] Mix the tomato paste, diced tomatoes, and spices and pour over the mix.
- [4] Cook in crockpot on low for 6-8 hours or high 2-4 hours until chicken is done.
- [5] If using mushrooms, throw them in for the last 30 minutes.



## DIRECTIONS (cont.)

- [6] A few minutes before chicken is done, very thinly slice cabbage and sauté in oil or butter until soft.
- [7] Serve the chicken mixture on top of the cabbage “noodles”.

*Note: Can also cook chicken in the oven over onions for 1 hour if you don't want to use the crock pot.*



# Healthy Homemade Chocolate

Serves 6-plus.

## INGREDIENTS

- 1 cup of [Cocoa Butter](#)
  - 1 cup of [Organic Dutch Process Cocoa Powder](#)
  - ½ cup raw honey or to taste (using half this amount or less will make a bittersweet chocolate)
  - 1 teaspoon of real vanilla extract or other flavors to taste
  - toasted chopped almonds, orange or mint extract, etc. (optional)
- 

## DIRECTIONS

- [1]** Melt cocoa butter in a double boiler or a glass bowl on top of a small pan with an inch of water (make sure water isn't touching bowl) over medium heat.
- [2]** When cocoa butter is completely melted, remove from heat and add cocoa powder, honey, vanilla and other flavor extracts. If using a solid raw honey like Tropical Traditions, melt with the cocoa butter.
- [3]** Make sure all ingredients are well incorporated and smooth. At this point, make sure that no water or liquid gets in to the chocolate as it can cause the texture to get mealy! Be careful even with wet hands or a drop of water in the mold!





## DIRECTIONS (cont.)

*Note: I've also just melted all of this on very low heat in a small pan and not had a problem with it, but this isn't as reliable as the double boiler method*

- [4] Pour the chocolate in to molds or onto a baking sheet lined with parchment paper or a glass pan to harden.
- [5] Let harden for several hours at room temperature until hardened and remove from molds. You can also stick in the fridge to harden more quickly. Will store for over a week at room temperature or can be kept refrigerated for longer.
- [6] Enjoy!



# Camille Macres

Foodie first, health nut second. Not that that matters much, because Camille isn't one for compromise. She believes one is entitled to have their cake and eat it, too!

Harnessing 10 years of experience as a professional chef for the Southern California elite and a deep understanding of the healing properties of food, Camille is committed to transforming the lives of 100 million people in her lifetime by shifting healthcare from the medicine cabinet to the pantry, the doctor's office to the garden.

You can find her at [Recipe Rx](#) developing the practical tools one needs to integrate a whole foods lifestyle and in the Fit Life Kitchen (coming soon) sharing video recipes, tips, and tricks that will leave you inspired and empowered to cook at home for yourself and your family. She is the author of [The Paleogasm Cookbook](#).



# Sausage Gravy & Mashed Faux-tatoes

## INGREDIENTS

### For Gravy:

- 1 pound organic ground pork
- 2 tablespoons bacon fat
- 1 medium onion, small dice
- 1 fennel bulb, small dice
- 1 tablespoon fresh sage, chopped fine
- salt and pepper to taste
- 2 cups [Cashew Cream sauce](#)

### For Faux-tatoes:

- 1 ½ cups parsnips, diced
- 1 ½ cups celery root, peeled and diced
- 1 ½ cups cauliflower florets
- salt to taste



## DIRECTIONS

### For Gravy:

- [1] Brown pork in a large skillet over medium heat, breaking pieces up as it cooks.
- [2] Season with 2 teaspoons of salt and pepper.
- [3] Once brown, remove from pan and add onions, sage, bacon fat, and fennel to pan.
- [4] Cook until fennel and onions are golden and caramelized, stirring frequently to prevent burning. Make cream sauce while meat and veggies brown.
- [5] Add pork back into pan along with cream sauce. Turn pan to low and cook for about 5 minutes, or until heated through. Add additional water, salt and pepper for desired texture and consistency. Serve over Mashed Faux-tatoes.

### For Faux-tatoes:

- [1] Bring a large pot of water to a boil. Add a teaspoon of salt to water along with parsnips, celery root, and cauliflower. Cook until veggies are very soft.
- [2] Drain water and blend veggies in a food processor, with a hand blender, or by hand.
- [3] Season with salt. The gravy is very rich, so no need to add fat here. If eating alone, can add 2-4 tablespoons butter, coconut oil, or bacon fat.





# Cashew Cream Sauce

## INGREDIENTS

- 1 ½ cups raw cashews, soaked in water for 4-8 hours, drained and rinsed
  - 1 ¼ - 1 ½ cups water
  - ¼ cup olive oil
  - 2 cloves garlic
  - 1 tablespoon lemon juice
  - 2 teaspoons dijon mustard
  - ½ teaspoon cayenne pepper salt to taste
- 

## DIRECTIONS

Place all ingredients in a blender except water. Turn blender on low and slowly stream water. Continue to add water until sauce is as thick as a thin smoothie. Once desired thickness is reached, turn to high and blend until smooth. Season with salt to taste.





# Duck Fat Chicken, Fried or Baked

## INGREDIENTS

- 3-12 ounces duck or beed fat (3 oz. if baking, 12 oz. if frying)
- 3 eggs
- ½ cup dijon mustard
- 1 teaspoon salt
- 1 pound chicken breasts, cut into 1-inch thick pieces
- 1 cup coconut flour

---

## DIRECTIONS

- [1]** Whisk eggs, dijon mustard, and salt in a large bowl.
- [2]** Add chicken pieces and coat well.
- [3]** Blend all dry ingredients in another medium bowl.
- [4]** Dredge chicken in flour mixture.



## DIRECTIONS (cont.)

### Baked chicken

Preheat oven to 425° F. For baked chicken, melt your duck fat in a bowl. Dip the dredged chicken in oil and then back in flour mixture. Place on a single layer on a cookie sheet lined with parchment paper or a silpat. Don't overcrowd. Bake until golden brown, 12-17 minutes, checking every couple minutes after 10 as oven temps vary.

### Fried chicken

Heat duck fat to 325° F. I use a smaller pot and do multiple batches so I can use less oil.

For fried chicken, you can also dip your chicken in oil and re-dredge in flour before frying. This will give you a thicker crust. Or just fry in oil for 5-6 minutes, or until nice and brown. Drain on several layers of paper towels.



# No-Corn Bread Muffins

Makes 12 muffins

## INGREDIENTS

- ½ cup coconut flour
  - ½ cup coconut oil or butter, melted
  - 4 eggs
  - 2 tablespoon unsweetened applesauce
  - 2 tablespoon raw honey
  - ½ teaspoon baking soda
  - 2 teaspoon apple cider vinegar
  - ½ teaspoon salt
- 

## DIRECTIONS

Preheat the oven to 350° F. Line muffin cups with liners. Mix together the coconut flour and oil into a paste, then beat in the eggs until smooth. Add the remaining ingredients and stir well. Divide between the prepared cups and bake about 25 minutes, or until a toothpick comes out clean and the top springs back when lightly pressed.



# Eat Your Greens (and Bacon)

Serves 4.

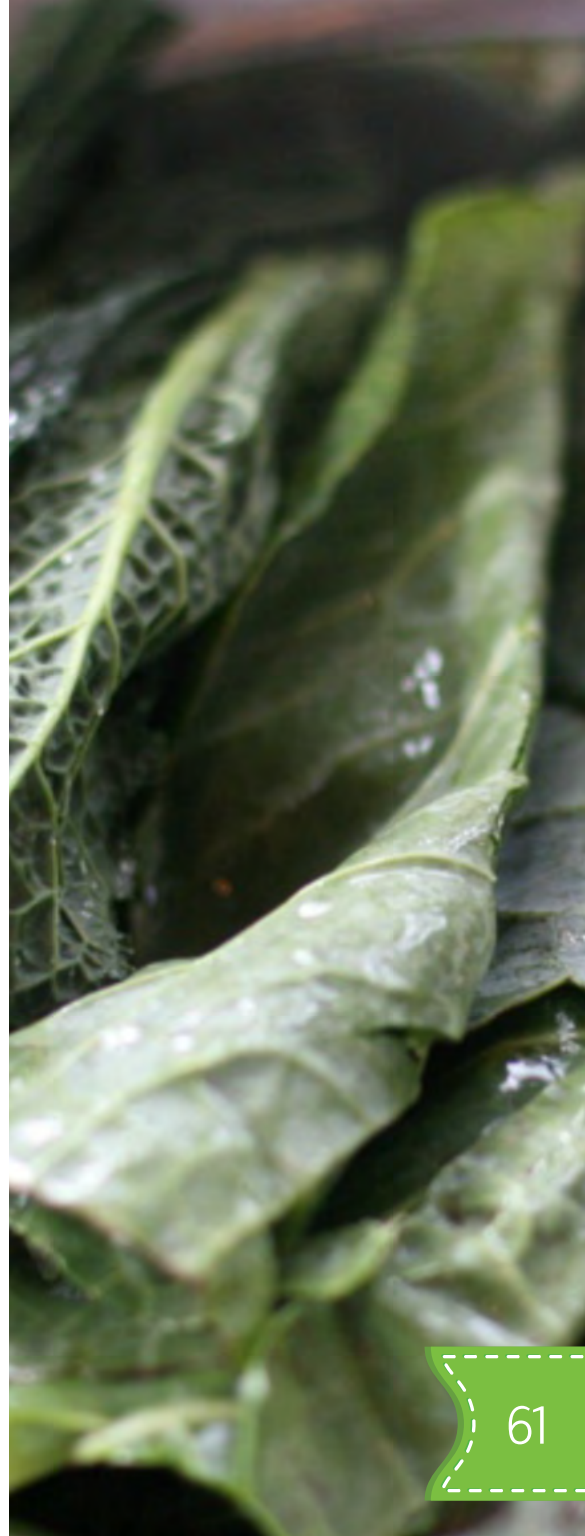
## INGREDIENTS

- 2 tablespoons bacon fat
- ½ cup shallots, finely chopped
- ½ cup apple cider vinegar
- 2 tablespoons raw honey
- 2 pounds greens with stems removed, cut crosswise into 1/2-inch-wide strips (collard greens, Swiss chard, and kale)
- 1 cup cooked crispy bacon, crumbled

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## DIRECTIONS

- [1]** Heat bacon fat in large pot over medium-high heat. Add shallots, stirring until brown. Add vinegar and honey and stir. Add half of greens and sprinkle with coarse salt and pepper; toss until wilted. Add remaining greens; toss to wilt, about 5 minutes.
- [2]** Reduce heat to medium-low, cover, and cook until greens are tender, adding water by tablespoon, if dry, about 15 minutes. Season with salt and pepper.





# Pineapple Cherry Upside Down Cake with Coconut Whipped Cream

Makes 4 servings

## INGREDIENTS

- 4 eggs
- $\frac{3}{4}$  cup canned coconut milk
- 2 teaspoons vanilla extract
- $\frac{1}{2}$  cup coconut sugar
- $\frac{1}{2}$  cup blanched almond flour
- $\frac{1}{2}$  cup coconut flour
- 2 teaspoons stevia powder
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{4}$  teaspoon sea salt
- 2 tablespoons butter
- 1 tablespoon coconut sugar
- 1 cup fresh pineapple, thinly sliced (you can use canned, but fresh is best)
- $\frac{1}{2}$  cup fresh or frozen cherries, cut in half and pits removed





## DIRECTIONS

- [1] Preheat oven to 350° F.
- [2] In a large bowl, whisk together eggs, coconut milk, vanilla extract, stevia, and sugar.
- [3] In a smaller bowl, combine almond flour, coconut flour, salt and baking soda.
- [4] Mix dry ingredients into wet with a handheld mixer.
- [5] Melt butter in cake pan in pre-heating oven. Sprinkle melted butter with coconut sugar, then arrange pineapple and cherries on butter.
- [6] Spread batter over fruit (will be thick) and bake for about 40 minutes, or until the center springs back to the touch.
- [7] Allow to cool 5-10 minutes, then flip onto a serving plate, slice and serve with whipped cream or coconut cream.



# Coconut Whipped Cream

## INGREDIENTS

- 3 cans full fat coconut milk (such as Thai Kitchen brand)
  - ¼-⅓ cup coconut sugar
  - ½ vanilla bean, seeds scraped
- 

## DIRECTIONS

Chill the cans of coconut milk overnight in the fridge. Open the cans, scoop off solid cream from top of can into a chilled metal bowl. Reserve remaining liquid for another use (like a smoothie). Beat the thick coconut cream with a hand mixer until thick and fluffy. Add the vanilla, then gradually beat in the coconut sugar and vanilla bean scraping. Serve immediately.



## Christa Orecchio

Christa Orecchio is the Founder and Owner of The Whole Journey. She holds a B.S. in International Business and Spanish from the University of North Carolina. And she is a Clinical Nutritionist (CN) as well as a Holistic Health Counselor (HHC).

Christa attended The Natural Healing Institute and the Institute for Integrative Nutrition (IIN) in NYC, accredited by the American Association of Drugless Practitioners. IIN is the only nutrition school that integrates all the various dietary theories—combining the knowledge of western and eastern philosophies with modern concepts like the glycemic index, the Zone and raw foods. She is currently doing post-graduate work in the field of nutrition.

Visit her website at [www.thewholejourney.com](http://www.thewholejourney.com).





# Turmeric Ginger Lemonade

Cook time 20 mins • Servings 4

## INGREDIENTS

- 4 cups water
- 1 teaspoon turmeric powder (or a 3-inch strip fresh turmeric root, peeled)
- 1 teaspoon ginger powder (or a 4-inch strip fresh ginger root, peeled)
- honey or dark-liquid stevia, to taste
- lemon slices, or the juice of a full lemon (to taste)

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## DIRECTIONS

- [1]** Put water into a small pot and bring to a boil on the stove. Make sure that the water has come to a full boil.
- [2]** Add turmeric and ginger to the boiling water and reduce to simmer for 8 to 10 minutes. This will extract the beneficial compounds from the turmeric and ginger.
- [3]** Remove the pot from the stove. Strain the tea into a cup through a fine-mesh strainer to filter out the particles of turmeric and ginger.
- [4]** Add sweetener and lemon to taste.





# Chocolate Acai Sauce

Prep and cook time 15 mins • Makes 3/4 cup

## INGREDIENTS

- 2 ounces organic, semi-sweet chocolate chips or Coco-Polo stevia-sweetened chocolate
- ¼ cup coconut sugar
- 2 tablespoons cacao powder
- 1 pack of unsweetened acai purée

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## DIRECTIONS

- [1]** In a double boiler\*, bring water to boil in the bottom pan. Melt chocolate in the top pan over the boiling water.
- [2]** After the chocolate has melted, remove top pan from heat.
- [3]** Add coconut sugar and cacao powder to the chocolate. Whisk until well mixed.
- [4]** Add acai pack, mix together, and serve.

\*If you don't have a double boiler, you can fill a medium sauce pan with water, a quarter of the way, and heat to boiling. Set a stainless steel bowl on top of boiling water.



# Roasted Salmon with Basil Aioli

Prep and cook time 30 mins • Servings 6-10

## INGREDIENTS

### For salmon:

- side of wild salmon
- sea salt

### For aioli:

- 2 tablespoons olive oil
- ½ cup packed basil leaves
- 1 teaspoon lemon juice
- 1 medium clove garlic, pressed
- 1 pinch of sea salt
- 1 cup mayonnaise (look for mayo made with organic eggs and extra virgin olive oil)

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## DIRECTIONS

- [1] Preheat oven to 425° F. Use the roast setting if your oven has one.
- [2] Place the side of salmon on a parchment-lined baking sheet. Remove pin bones if necessary. Lightly salt the salmon.



## DIRECTIONS (cont.)

- [3] Bake salmon until cooked to your likeness, approximately 10-15 minutes. Cooking times vary due to the size of your fish.
- [4] In a blender or small food processor, combine the olive oil, basil, lemon juice, garlic, and sea salt. Process until the mixture is smooth like pesto, pausing every now and then to scrape down the sides. Adjust seasonings to your liking.
- [5] Put the mayo in a small bowl.
- [6] Add the basil mixture to the mayo and stir well to mix.
- [7] Serve warm or at room temperature accompanied by basil aioli.



# Cynthia Pasquella

Cynthia Pasquella is known as The Transformational Nutritionist®. She is a clinical nutritionist, holistic life coach, media personality and best-selling author. She is the co-founder of SoCal Cleanse, an award winning cleansing and detoxification company, and the best-selling author of PINK Method.

She is a nutrition expert for The Doctors, The Dr. Phil Show, and The Today Show and has been featured in popular media outlets such as Access Hollywood, E! News Live, Harper's Bazaar, Fitness Magazine, Shape Magazine and Marie Claire.

She is the founder and director of The Institute of Transformational Nutrition, the only coaching certification program to combine science, psychology and spirituality to create permanent change.

Cynthia lives in Los Angeles with her husband, daughter, and 3 adopted furkids.

Visit Cynthia's website at [www.cynthiapasquella.com](http://www.cynthiapasquella.com). And get your FREE Preview of Cynthia's Hungry Hottie Cookbook at [www.hungryhottie.com](http://www.hungryhottie.com).





# Tasty Veggie Tacos

Makes 2 servings

## INGREDIENTS

- 1 cup raw walnuts
  - ½ clove garlic, minced
  - ½ green onion, diced
  - juice of ½ lemon
  - 2 teaspoons Bragg's liquid aminos
  - 1 teaspoons cumin
  - 1 medium tomato, diced
  - 4 large romaine lettuce leaves
  - salt and pepper, to taste
- 

## DIRECTIONS

- [1]** Place walnuts into a food processor until finely chopped.
- [2]** Place chopped walnuts into a bowl with garlic, green onion, lemon juice, liquid aminos, and cumin. Mix together well.
- [3]** Add salt and pepper to taste.
- [4]** Place a scoop of the taco filling on a lettuce leaf and top with tomatoes.
- [5]** Roll up and enjoy!



# Almond – What a Joy!

Makes 12 servings.

## INGREDIENTS

### For base:

- ½ cup coconut oil
- ¼ cup xylitol
- 1 teaspoon vanilla extract
- 1¼ cup shredded coconut
- ½ cup almonds

### For topping:

- ¼ cup xylitol
- ½ cup coconut oil, melted
- ¾ cup raw cacao powder
- 1 tablespoon vanilla extract

---

## DIRECTIONS

- [1]** Place cupcake liners in a 12-compartment muffin tin.
- [2]** Prepare the base by melting coconut oil and xylitol over low heat and whisking together.
- [3]** Add vanilla extract and coconut flakes and pour into cupcake liners.



## DIRECTIONS (cont.)

- [4] Sprinkle almonds in each compartment and place in freezer for 10 minutes.
- [5] Meanwhile, make the topping by melting coconut oil and xylitol over low heat and whisking together. Then combine with the rest of the topping ingredients in a bowl and mix well.
- [6] Pour topping over each bar and put back in the freezer for 10 minutes or until chilled. Enjoy!



# Hungry Hottie Smoothie

Makes 1 serving

## INGREDIENTS

- 1 banana, chopped and frozen
- 1 cup coconut milk
- 1 serving plant-based protein
- 1 cup frozen strawberries
- 1 teaspoon raw cacao powder
- ¼ apple

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## DIRECTIONS

Place all ingredients into your Vitamix or high-power blender. Blend until smooth and enjoy!





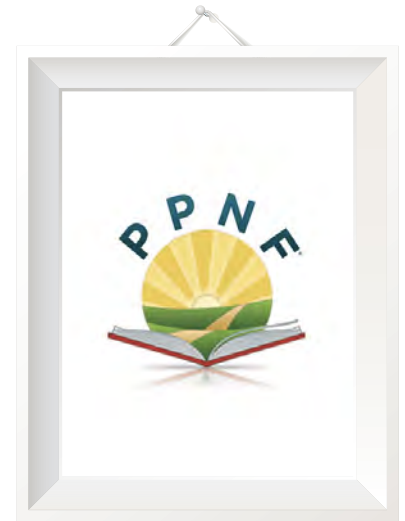
# The Price-Pottenger Nutrition Foundation (PPNF)

The Price-Pottenger Nutrition Foundation (PPNF) is a non-profit, 501(c)(3), educational organization dedicated to teaching the value of traditional diets for achieving optimal health in the modern world.

Operating free from commercial interests, PPNF's memberships, publications, classes, lectures, and reference libraries provide trustworthy, reliable information and training that enables you to take steps to lead a healthier, happier and more vital life.

PPNF is the steward for the works of Dr. Weston A. Price and Dr. Francis Marion Pottenger, Jr., whose research provided scientific validation for traditional wisdom about nutrition, food production and healthy living. As advocates for Dr. Price and Dr. Pottenger's independent findings, PPNF seeks to promote adoption of traditional nutritional values in the 21st century.

Visit the PPNF website at [www.ppnf.org](http://www.ppnf.org).



# Avocado Dressing

Makes 1 ½ cups

## INGREDIENTS

- 1 ripe avocado, chopped
  - ⅔ cup Pimmaa or almond cream
  - 1 teaspoon sesame herbed salt or herbed seasoning
  - few grates of onion
  - ⅛ teaspoon Tabasco or a pinch of organic cayenne pepper
  - juice of ½ lemon
- 

## DIRECTIONS

- [1] Put all ingredients in a blender.
- [2] Blend ingredients on lowest speed until fairly smooth
- [3] Chill to desired temperature.

# Sprout Salad

## INGREDIENTS

- ½ cup alfalfa sprouts
  - ¼ cup mung bean sprouts
  - ¼ cup fenugreek sprouts
  - ½ cup shredded lettuce
  - ¼ cup ground, sprouted chick peas
  - ¼ cup lightly toasted sesame seeds
- 

## DIRECTIONS

- [1]** Toss and arrange the first four ingredients on a plate.
- [2]** Dress with Avocado Dressing recipe on page 76.
- [3]** Sprinkle with chickpeas and sesame seeds. Enjoy!



# Ceviche

## INGREDIENTS

- ¼ pound fish fillet or scallops
- 4 or 5 limes or lemons
- ⅛ cup minced onion
- ⅙ teaspoon crushed oregano
- 1 tablespoon cold-pressed, extra-virgin olive oil
- ½ cup salsa
- 1 small avocado, diced
- cilantro, if desired
- sea salt or Real Salt, if desired
- pepper, if desired

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## DIRECTIONS

- [1]** Squeeze lime juice or lemon juice over fish.
- [2]** Place covered, in fridge, for two hours
- [3]** Drain off lime juice and mix fish with remaining ingredients.

Ceviche is best served in custard cups or cocktail glasses surrounded by ice.





# Pastured Egg Drop Soup

Serves 1

## INGREDIENTS

- 2 cups bone broth
  - 1 tablespoon grated onion
  - 1 finely sliced scallion
  - 1 organic, pastured egg
- 

## DIRECTIONS

- [1] Combine the broth, onion and scallion.
- [2] Warm gently for five minutes (to about 170° F.)
- [3] Beat the egg well and drop into the soup while stirring rapidly so that the egg streaks into tiny noodles.
- [4] Continue to stir and cook until the egg is firmed.



# Jordan Reasoner & Steve Wright of SCD Lifestyle

Jordan and Steve are health engineers and authors who created SCD Lifestyle to help people naturally heal digestive problems, relieve stress, and live a long healthy life.

Jordan was diagnosed with Celiac Disease in 2007 and almost gave up hope when a gluten-free diet didn't work. In 2009, Steve reached a breaking point when IBS took over his life and the doctors didn't know how to help.

Jordan used the Specific Carbohydrate Diet to transform his health and then helped Steve do the same. Armed with engineering degrees and a passion for helping others, their "step-by-step" approach to natural digestive health has helped more than 30,000 clients in over 146 countries.

Visit their website at [www.scdlifestyle.com](http://www.scdlifestyle.com).



# SCD Legal Coconut Vanilla Ice Cream

## INGREDIENTS

- 4 whole pastured eggs + 4 more egg yolks
- 3 teaspoons of vanilla extract or 2 tsp of Bulletproof Vanilla Powder
- 1 gram vitamin C (ascorbic acid) or 10 drops apple cider vinegar or lime juice to taste.
- 7 tablespoons (100 grams) Unsalted Grass-Fed Butter
- 7 tablespoons (100 grams) coconut oil
- 3 tablespoons + 2 teaspoons (50 grams) Bulletproof MCT Oil
- 5 tablespoons of local honey
- about ½ cup of water or ice (add less than you think you need, then increase the amount)

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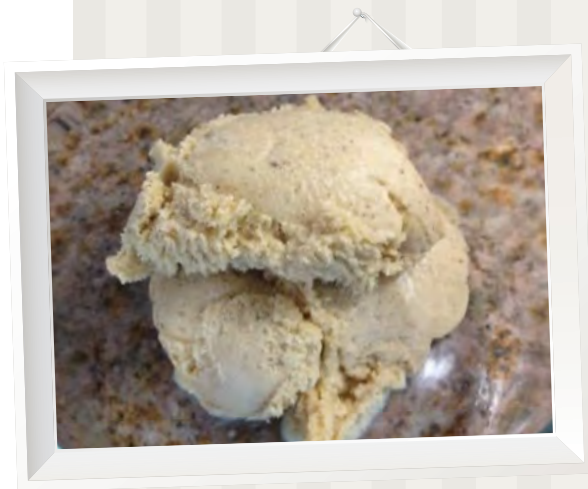
## DIRECTIONS

- [1]** Begin by adding all the ingredients to the blender (except the ice/water).
- [2]** Blend until totally mixed. Then blend more.
- [3]** Next, add in the ice or water. The goal is to reach a creamy yogurt consistency. If you add more water it will end up tasting icier. Blend more.



## DIRECTIONS (cont.)

- [4] Transfer everything to an ice cream maker. If you don't have one, use a 9×11 inch Pyrex dish and place in freezer for about 2 hours. The second method won't taste as much like ice cream but it will still be delicious.
- [5] Serve and enjoy every bit of it!





# Citrus Chicken Salad

## INGREDIENTS

- romaine lettuce
- fresh baby spinach
- 1-2 pounds organic chicken breast
- 2 fresh oranges
- 2 fresh lemons
- olive oil
- sea salt
- black pepper
- raw organic almonds
- 1-2 celery stalks

---

## DIRECTIONS

### For Chicken:

- [1] Start by cutting the chicken breast into small chunks and marinating it in black pepper and the juice of 1 lemon for 1-2 hours.
- [2] Pre-heat a pan on low-medium heat with olive oil until it warms up.
- [3] Drop in the chicken breast chunks and sauté.



### For Salad:

- [1] While the chicken is cooking, toss a salad with romaine lettuce, fresh spinach, and sliced celery.
- [2] In a separate bowl, mix the juice of 1 orange, the juice of 1 lemon,  $\frac{1}{2}$  cup olive oil, sea salt, and black pepper. Also, peel and cut the remaining orange to serve on top.
- [3] Once the chicken is done, place the salad on a dish with the cut orange slices on top. Then garnish the salad with chicken and pour the dressing on top.
- [4] Salt to taste with sea salt. For those that can tolerate them, top with a few almonds for added crunch.



# Bacon Pemmican

## EQUIPMENT NEEDED

- large skillet pan
- blender
- square glass baking dish

## INGREDIENTS

- 12-16 ounces of bacon
- ½ cup of coconut oil (melted)
- 1 cup of dried cranberries

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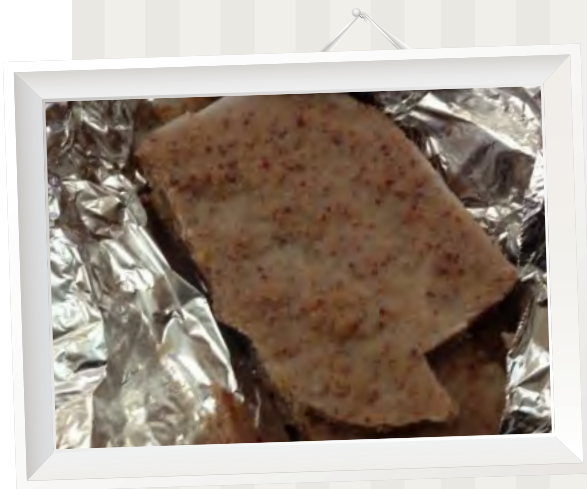
## DIRECTIONS

- [1]** Begin by cooking the bacon in a skillet, the key is cooking it long and slow. You really don't want to crisp it up too much, it should be soft and flimsy still but the fat should be mostly cooked down. At this point turn the heat off and let it cool.
- [2]** After it cools down (but before the fat begins to solidify), add everything to the blender. Get as much of that tasty bacon fat as possible into the blender. Then begin blending it down. Chop it as finely as you can. At this point add 1 cup of cranberries and make sure they get chopped into very fine pieces as well. The last step is to add the coconut oil and blend till it's good and mixed up.



## DIRECTIONS (cont.)

- [3] Next get the glass dish out and pour the mixture into it. Try to make it about even depth in the dish, then cover and freeze. It will take an hour or so to solidify. At this point you can cut it into bars or whatever size pieces your heart desires.





# Chef Lance Roll

Chef Lance is founder of The Flavor Chef. He has been cooking professionally for 25 years. His career has centered in high-end restaurants, conference centers, teaching, and his current job as the owner and operator of the Flavor Chef.

He puts his God-given intuitive ability with food -- together with his diverse culinary career -- to create healthy imaginative cuisine. By using organic ingredients, locally grown organic produce, free-range humanely raised meats and poultry, and his incredible Genuine (ORGANIC) Chicken Broth, The Flavor Chef is able to bring extremely well-balanced nutrient dense food to your table.

Chef Lance uses the concept of whole food nutrition to create weekly menus for his Organic Meal Delivery clients. He also offers catering, cooking classes, and his signature broth.

Learn more about Chef Lance's home-delivered meals and amazing bone broth at [www.theflavorchef.com](http://www.theflavorchef.com).



# Paleo Turkey Vegetable Herb Burgers or Sliders

## INGREDIENTS

- 1.5 pounds dark turkey
- 1 carrot (¼ cup fine ground in food processor)
- 1 celery, finely minced (¼ cup fine ground in food processor)
- ½ yellow onion minced (½ cup fine ground in food processor)
- 6-10 Crimini mushrooms, minced
- ¼ cup fresh parsley leaves, chopped fine
- ¼ cup fresh cilantro leaves, chopped fine (some stem is okay)
- 2 tablespoons chicken fat (substitute: olive oil)
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon granulated onion
- 1 teaspoon granulated garlic
- 2 tablespoon organic ketchup (optional)
- sea salt
- romaine leaves for the “wrap”



## DIRECTIONS

- [1] Preheat oven to 400° F for meat loaf.
- [2] Finely mince vegetables and mushrooms in a food processor, using the pulse button to ensure that the vegetables are processed evenly to a fine mince but not liquid. Do not over fill the bowl of the food processor.
- [3] Process the fresh parsley as well as the cilantro leaves until fine but not a paste.
- [4] In a skillet large enough to sweat the vegetables add the 2 tablespoons of olive oil and get the pan hot.
- [5] Add the vegetables and mushrooms. Cook until the vegetables are tender and the mushrooms have sweated. This could take 5 to 10 minutes depending on the size of your pan.
- [6] Continuously stir the vegetables to ensure even cooking.
- [7] When done, fold in your fresh cilantro and parsley. Then place on a flat pan to cool. By placing the herbs in the hot vegetables but not actually cooking them, the heat from the vegetables gently coaxes out the oils in the leaves and you end up with both flavor and good color. This precisely why I am The Flavor Chef! :)
- [8] While cooling, add the rest of the ingredients to the meat and combine in a large mixing bowl.
- [9] When the vegetables are cool, combine them and any liquid with the meat ingredients. Mix together.



## DIRECTIONS (cont.)

- [10] Place a small amount into the pan to cook and taste. Adjust with desired seasonings.
- [11] Shape into a loaf and place on baking dish or cookie sheet. (You can also place it in a loaf pan if you have one). This formula easily shapes into turkey burgers, sliders or meat loaf.
- [12] Bake until internal temperature reaches 165° F.

*Note: The loaf or burger will have good color and be firm to the touch. There will also be a bit of fat and liquid that has released from the loafs. Do not overcook. Meat thermometers are available in most grocery stores and are less than \$10.*



# The Flavor Chef (TFC)

## John Dory

### INGREDIENTS

- John Dory (or any white fish filet, halibut, sole, cod, sea bass, etc.)
  - oranges for slicing and juicing
  - Meyer lemons for juicing and drizzling
  - fresh basil leaves
  - fresh parsley for garnish
  - coconut oil or other fat for cooking (i.e. duck fat)
  - TFC hamburger spice (salt, onion, garlic, smoked paprika)
  - butter for topping and pan searing
  - orange or lemon infused EVOO
- 

### DIRECTIONS

- [1]** Preheat oven to 400° F
- [2]** Pat dry filets and season with TFC hamburger spice and fold into a threefold square. Set side.
- [3]** Slice orange and place a slice for each filet on a baking sheet.
- [4]** Place a leaf of basil on each orange.

## DIRECTIONS (cont.)

- [5] Heat skillet or griddle and melt cooking fat of choice and sear each fillet.
- [6] Place seared, browned filets on top of each of the orange slices.
- [7] Squeeze Meyer lemons and oranges over the fish and place in the oven for 15 minutes until fillets are cooked through.
- [8] Place entire fillet on the plate and drizzle with the orange or lemon EVOO.
- [9] Garnish with orange or lemon slice and some fresh herbs, either basil or parsley.

# The Lamb Kofta (Middle Eastern Lamb Sausage)

## INGREDIENTS

- 2 pounds grass fed ground lamb (sub: 1 pound each, grass fed ground chuck and ground lamb)
- 1 onion, minced (1 cup or more, gently sautéed)
- 1 head garlic, peeled and minced (6-8 cloves)
- beef, lamb, or chicken fat, as needed (sub: olive oil)
- ½ cup chopped parsley
- ½ cup chopped mint
- salt and pepper
- skewers

## The Following Dried Spices (½ to 1 tsp each according to taste)

- dill
- granulated onion
- granulated garlic
- cayenne pepper
- coriander
- cumin



## DIRECTIONS

- [1] Sauté onions and garlic in olive oil until the onions are translucent, then cool.
- [2] Combine all ingredients.
- [3] Before forming into kabobs, cook a small sample to adjust the seasonings.
- [4] Then form into preferred size and skewer the patties.
- [5] Sear each in a pan or on a flat grill and either cook through in the pan or finish them in a hot oven.
- [6] Serve with minted yogurt Tzatziki (if desired) either in romaine lettuce, with tomatoes and onions, or your choice of vegetable(s).





# Fresh Goat Yogurt Tzatziki Sauce

Fresh goat yogurt Tzatziki is made simply with yogurt, cucumbers, lemon or lime juice, fresh garlic, salt, pepper, and fresh mint, parsley, or dill or any combination of these. Combine and chill.



# Diane Sanfilippo

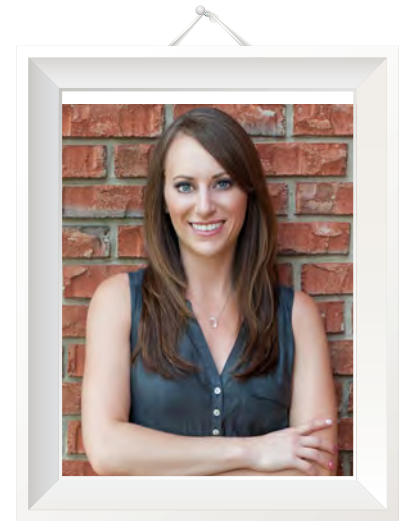
Diane Sanfilippo is a certified nutrition consultant who specializes in blood sugar regulation and digestive health, and she teaches nutrition seminars nationwide.

She is a New York Times Bestselling author of [Practical Paleo: A Customized Approach to Health and a Whole-Foods Lifestyle](#).

And, she writes the popular health blog Balanced Bites, and co-hosts a top-rated weekly health podcast on iTunes, the Balanced Bites Podcast. She is a graduate of Syracuse University.

Visit Diane's website at [www.balancedbites.com](http://www.balancedbites.com).

\*\*\*The following recipes are from Diane's new book [The 21-Day Sugar Detox](#).\*\*\*





# Cinnamon Grilled Pork Chops

Prep time 5 mins • Cook time 10-15 mins • Servings 4

## INGREDIENTS

- ½ teaspoon ground cinnamon
- ½ teaspoon granulated garlic
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- 2 pounds bone-in pork chops, or 1 ½ pounds boneless chops
- 2 tablespoons bacon fat or coconut oil, melted

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## DIRECTIONS

- [1]** Preheat the oven to 400° F.
- [2]** Heat a large cast-iron or other oven-safe skillet over medium-high heat.
- [3]** While the skillet heats up, prepare the pork chops: In a small mixing bowl, combine the cinnamon, granulated garlic, salt, and pepper. Brush the pork chops on both sides with the bacon fat or coconut oil, then sprinkle liberally with the seasoning blend.
- [4]** Sear the pork chops for approximately 2 to 3 minutes per side (or 1 to 2 minutes if your chops are thin —  $\frac{3}{4}$  inch or less), then transfer the pan to the oven for 5 to 10 minutes or until the internal temperature of the chops reaches at least 145° F. *Be careful not to overcook thinner cuts.*



# Broccoli & Bacon Salad with Creamy Balsamic Dressing

Prep time 15 mins • Cook time 15 mins • Servings 4

## INGREDIENTS

- 4 slices bacon
- 1 large head broccoli
- ¼ cup Healthy Homemade Mayonnaise (next recipe)
- 3 tablespoons balsamic vinegar
- 2 tablespoons minced shallot
- sea salt and black pepper to taste

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## DIRECTIONS

- [1]** Slice the bacon crosswise into ¼-inch strips and cook it in a skillet over medium heat until crispy. Remove the bacon from the pan and set it on paper towels to drain.
- [2]** Chop the broccoli into large florets. Steam in a basket over 1 inch of boiling water until it's bright green, about 5 minutes. Place the steamed broccoli in a large bowl of ice water to “shock” it—this will keep it from cooking further and maintain its bright color. Drain in a colander.
- [3]** In a small mixing bowl, whisk together the mayonnaise, vinegar, shallot, salt, and pepper.
- [4]** In a serving bowl, toss the broccoli with the dressing, then garnish with the bacon strips. Serve at room temperature.





# How to Make the Mayonnaise

Prep time 15 mins • Yields  $\frac{3}{4}$  cup

## INGREDIENTS

- 2 egg yolks
- 1 tablespoon fresh lemon juice
- 1 teaspoon gluten-free Dijon mustard
- $\frac{1}{2}$  cup macadamia nut oil or other healthy oil
- $\frac{1}{4}$  cup extra-virgin olive oil

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## DIRECTIONS

- [1]** In a medium-sized mixing bowl, whisk together the egg yolks, lemon juice, and mustard until blended and bright yellow, about 30 seconds. Begin adding  $\frac{1}{4}$  cup of the macadamia nut oil to the yolk mixture a few drops at a time, whisking constantly.
- [2]** Gradually add the remaining  $\frac{1}{4}$  cup macadamia nut oil and the olive oil in a slow, thin stream, whisking constantly, until the mayonnaise is thick and lighter in color. Store in the refrigerator for up to a week.

*Note: You can also make this recipe using a handheld immersion blender or a small blender. If using a regular-sized blender, double the recipe to make blending easier. Use the opening at the top of your blender to slowly drizzle in the oil.*

**Egg free?** Use  $\frac{1}{4}$  cup extra virgin olive oil plus 1 teaspoon gluten-free Dijon mustard instead of mayonnaise.



## Peter Servold, Head Chef at Pete's Paleo

Pete is the head chef and co-owner of Pete's Paleo, a meal delivery service looking to make life easier and tastier for those who crave the Paleo lifestyle.

Pete graduated from Le Cordon Bleu and has dabbled in all things related to restaurants from dishwasher to head chef and general manager. He's beyond passionate about food and will stand up on any soap box, any day or time, to share his thoughts on the food industry.

Pete found his wife, Sarah, CrossFit and Paleo in the same week. Since then he has been dedicated to extending his farm to table, and fine dining experience into the world of Paleo. Pete's Paleo exists to let people live life, be Paleo and eat really damn well.

Pete's Paleo ships real food meals nationwide! Learn more at [www.petespaleo.com](http://www.petespaleo.com).



# Apple Pork Breakfast Sausage

## INGREDIENTS

- 1 pound ground pork
  - ½ cup chopped apple (Fuji is preferred)
  - ¼ cup fresh chopped sage
  - 2 cloves garlic minced
  - 2 teaspoons salt
  - 1teaspoon black pepper
  - 1 tablespoon dried oregano
  - 2 tablespoons olive oil
- 

## DIRECTIONS

- [1]** Preheat oven at to 350° F.
- [2]** Mix together all ingredients and form into patties that are roughly 2-3 ounces each. You end up with 6-8 patties. Before making all your patties, make a tiny little one-inch patty from mixture and cook off in a sauté pan. Test for proper seasoning. Add more salt and pepper if necessary.
- [3]** Put patties onto sheet pan and cook in oven for 12 minutes or until cooked through to 150° F internally.
- [4]** Serve with roasted sweet potatoes and some fruit for an awesome eggless breakfast.





# Garlic Braised Lamb with Roasted Squash and Quick Sautéed Kale

## Lamb (crock pot version)

*Note: This recipe should be prepared over two days.*

## INGREDIENTS

- 2 pounds lamb shoulder (bone in preferred but not necessary)
- 1 clover garlic, peel and mash all the cloves
- 1 yellow onion sliced
- 3 cups beef stock
- 3 tablespoons salt
- 2 tablespoons pepper
- ¼ cup chopped fresh oregano, save till the end

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## DIRECTIONS

- [1] Very roughly break down the lamb, essentially enough so that it will fit into crock pot.
- [2] Add sliced onion, garlic, salt, pepper and stock. Mix in pot.
- [3] Now turn on medium or low and let go for 24 hours.





## DIRECTIONS (cont.)

- [4] When timer is done, fish bone out of there, and then using tongs or forks pull lamb apart.
- [5] Toss with fresh oregano and add some more salt to taste if necessary.

*This can be used in a million different ways, pulled lamb is great to have around for a quick meal.*

## Super Simple Roasted Squash

### INGREDIENTS

- 1 pound of summer squash cut into large cubes about  $\frac{3}{4}$ " squared to 1" squared
- 2 tablespoons olive oil
- $\frac{1}{2}$  tablespoon each, salt and pepper
- 1 tablespoon chopped rosemary (or marjoram, oregano, basil, etc.)

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### DIRECTIONS

- [1] Preheat oven to 375° F
- [2] Once squash is cut, toss in olive oil, salt and pepper and herbs.
- [3] Roast for 20-25 minutes until golden brown.
- [4] When you think they are done, give it another 6-8 minutes so it gets nice and crispy!



## Quick Sautéed Kale

### INGREDIENTS

- 1 bunch kale
  - 2 tablespoon coconut oil
- 

### DIRECTIONS

- [1] Take kale off stem, slice thinly and wash in colander. Drain and dry.
- [2] Warm up large cast iron on medium high heat for 2 minutes.
- [3] Add coconut oil. Once melted, add the kale in batches.

*Note: It will cook down quickly, but will also do some spattering. DO NOT have kids or dogs around your feet when you do this. Once the kale is all cooked down, do not over cook it in pan, you want it to have some of its crunch still.*

- [4] Season with a pinch of salt and pepper.

# Terry Shanahan

As a Functional Diagnostic Nutrition student, certified Metabolic Typing Advisor and certified CrossFit coach, Terry Shanahan takes a holistic approach to his clients' wellness beginning at the metabolic level. By identifying the client's unique biochemical individuality, Terry customizes diet, supplement, and exercise and wellness programs.

He services individuals ranging from those at the pinnacle of professional sports --including Cross Fit athletes and NBA star Kyle Korver --to individuals suffering from chronic health issues including autoimmune, endocrine, inflammatory and digestive disorders, to those who simply want to improve their quality of life, health, and physical appearance.

Visit Terry's website at [www.theshanahanplan.com](http://www.theshanahanplan.com). Learn more about his online Paleo Transition program at [www.thepaleotransition.com](http://www.thepaleotransition.com).



# Coconut Almond Chicken Breasts

Makes 12-15 chicken breast cutlets

## INGREDIENTS

- approximately 2 pounds of chicken breast cutlets
- 1 can of full-fat organic coconut milk
- ½ cup shredded coconut
- ½ cup almond meal
- ⅓ cup coconut flour
- ⅓ cups slivered almonds
- 3 tablespoons raw honey
- 12 packets stevia leaf extract
- 2 tablespoons cinnamon
- organic coconut oil (place a large scoop in a glass pan prior to cooking)

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## DIRECTIONS

- [1] Place pan in the oven for approximately two minutes to let the oil melt. Spread evenly over the bottom on the pan and then add the battered chicken breasts. Spread any leftover batter across the top of the chicken breasts and then cover them with foil.
- [2] Place in the oven at 380°F for approximately 30 minutes.





## DIRECTIONS (cont.)

- [3] Remove the pan from the oven, remove the foil, and flip the chicken breasts in the pan.
- [4] Place the chicken breasts back in the oven (without foil) for an additional 45 minutes.
- [5] Remove them from oven, let them cool, and scoop any additional cooked batter over the top of the chicken breasts before serving.

*Note: These chicken breasts are great when cooked fresh and served warm with vegetables, or you may store them and serve them cold over a spinach salad. You need a large mixing bowl for the batter and then you roll the chicken breast cutlets through the batter prior to cooking.*



# Salmon Bowl

## INGREDIENTS

- Borsari seasoning
- olive oil
- red pepper
- avocado
- pistachios
- blueberries
- coconut oil chunks

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## DIRECTIONS

- [1]** In a pan with olive oil, season salmon with Borsari seasoning. Cook on medium-high heat.
- [2]** Flip in four minutes and cook for another 3 minutes. Remove from heat to cool.
- [3]** Cut red pepper and avocado into slices.
- [4]** Put salmon into a bowl and top with red pepper, avocado, pistachios, blueberries, and coconut chunks.

*Note: This dish is ideally served chilled, but may be served warm.*



# Tomato Basil Grilled Shrimp

Makes 1 serving

## INGREDIENTS

- 1 pound shrimp, tails removed
- olive oil
- Mrs. Dash's tomato basil garlic seasoning
- black pepper
- 3 tablespoons raw honey

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## DIRECTIONS

- [1]** Warm the olive oil in pan on med-low heat. Add honey and shrimp to pan.
- [2]** To taste, add tomato basil seasoning and black pepper. Sauté on low with the lid on top.

*Note: This is a great meal that can be easily pre-made and stored in the refrigerator.*



# Mary Shenouda, The Paleo Chef

Two years ago, Mary was confirmed as not only a Celiac, but also having intolerances to both casein [dairy] and soy. Being a Type-A woman, she took this diagnosis as an opportunity to immerse herself in learning how what we eat today affects the human body and to come up with ways to circumvent the challenges these foods present.

She learned that it can all be summed up and 'cured' with the adoption of the Paleolithic Lifestyle, also known as the Paleo Diet. Based on lean meats, vegetables, nuts and fruit, this way of enjoying food is not limiting at all, as most people tend to assume.

Venting via social media about being starved for food and time, Mary found there were others with the same daily dietary dilemmas who just wished they had a paleo educated chef preparing their meals. And so, on accident and by popular demand, she started her Paleo Chef website, where she shares recipes and encourages her readers to follow the paleo lifestyle.

Visit Mary's website at [www.paleochef.com](http://www.paleochef.com). And learn more about her Summer Eats Cookbook at [www.paleochef.com/summer-eats](http://www.paleochef.com/summer-eats).





# Pulled Pork Sliders

## INGREDIENTS

### For Slaw:

- 1 ½ cups very thinly sliced green cabbage
- 1 ½ cups very thinly sliced red cabbage
- 2 tablespoons apple cider vinegar
- 1 teaspoon extra virgin olive oil (EVOO)
- ¼ tsp kosher salt
- ¼ tsp freshly ground black pepper

### For Pork:

- ½ cup fresh orange juice
- 1 tablespoon orange zest
- 2 cups bbq sauce (I prefer Bone Suckin' sauce)
- 2 garlic cloves, minced
- 2 tablespoons EVOO
- 1 teaspoon kosher salt
- 1 ½ pound shoulder or butt pork roast
- 2 teaspoon arrowroot

### For Bun:

- 2 medium-sized sweet potatoes
- ½ cup coconut oil, melted



## DIRECTIONS

### For Slaw and Pork:

- [1] For the Slaw: Toss the green cabbage, red cabbage, vinegar, oil, kosher salt, and pepper in a medium bowl.
- [2] Cover slaw and refrigerate while preparing the pork.
- [3] For the Pork: In a medium bowl, whisk together the orange juice, orange zest, BBQ sauce, garlic, EVOO & salt.
- [4] Add the pork, coating all sides.
- [5] Refrigerate 1 hour, turn occasionally.
- [6] In bowl of your slow cooker add the pork and half the marinade.
- [7] Cook on high for 4-6 hours or until the meat starts to fall apart.
- [8] Remove the pork from the slow cooker. Place on a large cutting board and use two forks to pull the pork apart.
- [9] Bring the mixture to a boil over medium-high heat. Reduce the heat and simmer until the sauce thickens slightly, 3 to 4 minutes. Remove the sauce from the heat and let it cool just a bit.



## DIRECTIONS

### For “Bun”:

- [1] Preheat oven to 375° F.
- [2] Slice the sweet potatoes into rounds, about 1/4 inches thick and place them on a baking sheet.
- [3] Brush with coconut oil on each slice. Sprinkle lightly with salt.
- [4] Bake the sweet potato rounds 35-40 minutes. Flip them once halfway through baking, and spoon more coconut oil on top.
- [5] Remove from oven.
- [6] Build your pork sliders with the pulled pork, top with sauce and slaw.

# Grilled Bison Kebobs

## INGREDIENTS

- 2 pounds boneless rib-eye bison steaks, cut into large cubes
- 1 tablespoon salt
- 3 red jalapeño peppers, seeded and chopped
- 2 garlic cloves
- ¼ cup apple cider vinegar
- 1 pounds tomato paste
- 2 tablespoons honey
- 2 tablespoons coconut aminos
- 2 large green peppers
- BBQ skewers

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## DIRECTIONS

- [1]** Place meat in bowl and sprinkle with salt. Let sit while you work on the next steps.
- [2]** In a high speed blender or Vitamix, blend the jalapeños, garlic cloves, apple cider vinegar, tomato paste, honey and coconut aminos into a saucy, marinade mixture.
- [3]** Pour the mixture over the meat in the bowl and let sit for 1 hour.
- [4]** Cut the green pepper into large squares.





## DIRECTIONS (cont.)

- [5] Arrange the meat and peppers onto skewers. Alternate between the steak and veggies like the photo to the right.
- [6] Drizzle some EVOO over the meat and peppers.
- [7] Place the skewers onto the grill over the hottest part and cook for 1 minute on each side.
- [8] Move the skewers to a cooler portion of the grill and cook until the bison is medium rare, or about 6 minutes.



# Pomegranate Pork Belly

## INGREDIENTS

- 3.5 pounds pork belly, skin scored
  - 6 tablespoons pomegranate molasses
  - 2 tablespoons water
  - juice from 1 lemon
  - 3 tablespoons apple cider vinegar
  - 2 garlic cloves, minced
- 

## DIRECTIONS

- [1]** Pour the pomegranate molasses into a glass dish slightly larger than the piece of pork.
- [2]** Stir in the water, lemon juice, salt, garlic, and apple cider vinegar.
- [3]** Carefully lower the piece of pork into the dish, skin-side up, without getting any of the mixture on the scored skin.
- [4]** Set aside for a couple of hours [bonus points and kudos to you if you let your pork belly chill in the fridge overnight].
- [5]** Preheat the oven to 300° F.
- [6]** Line a baking dish with non-stick apparatus of choice (I line with foil because I ain't scared of it. Parchment paper works too)



## DIRECTIONS (cont.)

- [7] Pour marinade into the dish. Place the pork skin-side up. Rub skin with salt and place into the oven. Roast for 2 ½ hours. The skin will start to crackle. It's great!
- [8] Remove from the oven and spoon off the oil that has accumulated around the meat.
- [9] Lightly spoon some of the marinade onto the skin. Just a little bit though; it's important to have a light hand.
- [10] Turn the oven up to broil and place the pork back in for 10-15 minutes. The skin will be crisp and a pretty amber color and the underside will be very dark.
- [11] Remove from oven and let the meat rest for 10 minutes.
- [12] Mix some extra pomegranate molasses and a touch of lemon juice together and plate the pork over the sauce. That first bite will be an explosion of crispy, tender, moist, sweet, tangy, and savory. Balanced bite achieved.



## JJ Virgin, CNS, CHFS

JJ Virgin is one of the nation's foremost fitness and nutrition experts, an accomplished public speaker, and media personality. Her twenty-five years in the health and fitness industry, the past ten in holistic nutrition and functional medicine, have earned JJ recognition as the go-to weight loss expert who can unlock the door to lifelong weight management through her sensible, no-fail approach to fitness and nutrition.

JJ is author of the New York Times bestseller [The Virgin Diet](#), and she is also the author of *Six Weeks to Sleeveless and Sexy*, and she co-starred on the TLC reality series *Freaky Eaters*.

She is a certified nutrition specialist, a certified health and fitness instructor with advanced certifications in nutrition, personal training, and aging, and board certified in holistic nutrition.

Visit JJ's website at [www.jjvirgin.com](http://www.jjvirgin.com).

\*\*\* Excerpts from [The Virgin Diet Cookbook](#),  
pub. Feb 2014 \*\*\*





# The Original Virgin Diet Shake

Makes 1 serving

I often hear from my clients that a shake for breakfast is the cornerstone for them in fast fat loss. And this one is the original. It's naturally sweet and loaded with fiber. You'll never believe something so tasty could be so good for you!

## INGREDIENTS

- 2 scoops Virgin Diet All-in-One protein powder
- 1-2 scoops fiber blend
- 1-2 scoops chia seeds or freshly ground flax
- 8-10 ounces unsweetened coconut or almond milk (such as So Delicious)
- ½-1 cup low sugar fruit (i.e. blueberries, raspberries, blackberries, avocado)
- 5-10 ice cubes

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## DIRECTIONS

Combine the shake mix, extra fiber, chia seeds, coconut or almond milk, fruit and ice cubes. Mix on high until smooth. Thin with additional cold water, if desired.

Fun additions: Spinach or kale, greens powder, almond butter, raw cacao nib



# Vietnamese Chicken and Cabbage Salad

Serves 2

This low carb feast is also a detoxification powerhouse. Red cabbage, which is more nutrient dense than its green counterpart, is high in fiber and – like arugula – is full-to-bursting with antioxidants like vitamin C, which boosts the immune system and even fights cancer. For a touch of added crunch and sweetness try stirring in some shredded apple.

## INGREDIENTS

- 1 ½ tablespoons lime juice
- 1 tablespoon macadamia nut oil
- ½ teaspoon fish sauce
- 1 green onion, thinly sliced
- ⅛ teaspoon monk fruit extract
- 2 cups shredded red cabbage
- 4 cups baby arugula
- ½ medium cucumber, peeled, seeded, thinly sliced
- 1 carrot, shredded
- 2 tablespoons slow roasted cashews, coarsely chopped
- 2 tablespoons chopped fresh basil
- 8 ounces cooked chicken breast, shredded, about 2 cups



## DIRECTIONS

- [1] Combine the lime juice, oil, fish sauce, green onion, and monk fruit extract in a small bowl.
- [2] Combine the cabbage, arugula, cucumber, carrot, cashews, basil, and chicken in a separate bowl.
- [3] Pour in the dressing and toss well.



# Coconut Red Curry Chicken

Makes 4 servings

Thai red curry paste packs spice as well as Thai curry flavor. It's made with dried red chiles, so if you prefer milder dishes, cut back to 1 teaspoon.

## INGREDIENTS

- 1 tablespoon coconut oil
- 1 pound organic free range boneless skinless chicken breast halves, cut into ¼-inch thick strips
- 1 medium onion, sliced
- 1 medium red bell pepper, sliced
- 1 tablespoon minced fresh ginger
- 3 garlic cloves, minced
- 1 ½ teaspoons red curry paste (such as Thai Kitchen)
- 1 cup unsweetened coconut milk (such as So Delicious)
- 2 teaspoons fish sauce
- ½ teaspoon monk fruit extract
- 2 tablespoons chopped fresh cilantro





## DIRECTIONS

- [1] Heat 2 teaspoons of the coconut oil in a large nonstick skillet over medium-high. Add the chicken and cook until no longer pink, stirring occasionally, about 3-4 minutes.
- [2] Transfer cooked chicken to a plate.
- [3] Return the skillet to the stove and heat the remaining 1 teaspoon of oil.
- [4] Add the onion, bell pepper, ginger and garlic and cook, stirring occasionally, until slightly softened, 3-4 minutes.
- [5] Stir in the red curry paste and cook, stirring 1 minute.
- [6] Reduce heat to medium low, add the chicken and coconut milk and gently simmer until the chicken is cooked through, about 2 minutes.
- [7] Remove from the heat and stir in the fish sauce, monk fruit extract, and cilantro.
- [8] Serve and enjoy.

